

WHALES DEFEND THEIR YOUNG.

Strong Affection Exists Among Leviathans of the Sea.

Whales—like so many other animals—are brave in defense of their little ones. A young whale was once harpooned; its mother, in great distress, came, and seizing hold of it, dived with it to a considerable depth; then she rose to the surface and darted this way and that, as if vainly seeking for some other means of escape. Though closely followed by the boats she made no effort to get away herself; her sole thought was for her child. At last she was harpooned, but even then she clung to her little one until, in the course of an hour, both were dead. Whales are affectionate companions. Two whales were once swimming together, and one of them was harpooned. The wounded animal, assisted by her friend, made a terrible resistance, and sent a boat with five men in it to the bottom. At length the injured one died of her wounds, when her companion, rather than survive her, stretched his head over her dead body and allowed himself to be killed.—"Little Folks."

Triumph of the Will.

The story is told of a book-keeper who wrote a glowing eulogy of his employer—just deceased—making use of this remarkable estimate: "His keen perception and indomitable will led him into the grocery and feed business, and subsequently induced him to embark in the coal business."

Thought She Couldn't Live.

Moravia, N. Y., June 5.—Mr. Benjamin Wilson, a highly respected resident of this place, came very near losing his wife and now that she is cured and restored to good health his gratitude knows no bounds. He says:

"My wife has suffered everything with Sugar Diabetes. She has been sick four years. She doctored with two good doctors but kept growing worse. The doctors said she could not live. She failed from 200 pounds down to 130 pounds. This was her weight when she began to use Dodd's Kidney Pills, and now she weighs 190, is well and feeling stronger every day."

"She used to have rheumatism so bad that it would raise great bumps all over her body and this is all gone too."

"Dodd's Kidney Pills are a God-send to those who suffer as my wife did. They are all that saved her. We can't praise them enough."

The Best Gifts.

The best thing to give your enemy is forgiveness; to an opponent, toleration; to a friend, your heart; to a child, a good example; to a father, deference; to your mother, conduct that will make her proud of you; to yourself, respect; to all men, charity.—La Bruyere.

Important to Mothers.

Examine carefully every bottle of CASTORIA, a safe and sure remedy for infants and children, and see that it

Bears the Signature of *Wm. A. Potter*.
In Use For Over 30 Years.
The Kind You Have Always Bought.

Sheffield Heavy Coal Consumer.
In proportion to its size Sheffield consumes about eight times as much coal as London.

I do not believe Piso's Cure for Consumption has an equal for coughs and colds.—JOHN F. BOYER, Trifity Springs, Ind., Feb. 15, 1900.

His Symptoms.

A London curate the other day received an astonishing answer to an inquiry after a parishioner's health. "Well, sir," said the latter, "sometimes I feel anyhow; sometimes I feel nohow; and there be times when I feel as stiff as a himmidge!"

TEA

What is this newspaper for?

To tell what you want to know; here it is.

Your grocer returns your money if you don't like Schilling's Best.

Wives of the King of Assam.

The King of Assam has 300 wives, who are divided into nine grades. When one of them dies her body is lowered from the roof of the palace to be buried; the law in Assam prohibits the carrying of a corpse through the doors.

TEA

Won't every careful woman buy 1/2 lb of all four kinds Schilling's Best and try them!

Your grocer returns your money if you don't like it.

The Return Trip.
She lifted me up to the skies
With the promise that shone in her eyes.
We married, and then
The most happy of men
She brought down again with her plea!

THE ENEMIES OF SUCCESS.

Endeavor First to Ascertain and Then Overcome Them.

Bright, cheerful, hopeful thoughts and a strong belief in one's own ability to accomplish the thing undertaken are friends that will insure success. The ambitious person should learn as early in life as possible to pick out the friends and enemies of success and in many cases it will be found that the greatest enemy resides within himself. Morbid thoughts, for example, are infinitely greater hindrances to success than opposition from outside, and no health, no beauty, no harmony, no real success can exist in the atmosphere of abnormal melancholy or morbid ideas. Overcome the enemies to success within yourself and you will have done much toward reaching the goal of your ambition.—London Answers.

How's This?

We offer One Hundred Dollars Reward for any case of Catarrh that cannot be cured by Hall's Catarrh Cure.

F. J. CHENEY & CO., Toledo, O.
We, the undersigned, have known F. J. Cheney for the last 15 years, and believe him perfectly honorable in all business transactions and financially able to carry out any obligations made by him.

WALDRON, KIRWAN & MARTIN,
Wholesale Druggists, Toledo, O.
Hall's Catarrh Cure is taken internally, acting directly upon the blood and mucous surfaces of the system. Testimonials sent free. Price 75 cents per bottle. Sold by all Druggists.
Take Hall's Family Pills for constipation.

KNEW WAYS OF TURKEY.

Texas Hunter Got His Sleep and Game as Well.

"Some years ago I was the guest of a friend who owned a ranch away down on the Nueces river, in the south, west of San Antonio," said Mr. H. J. Rice of New Orleans. "The region abounded in game, and wild turkeys were especially numerous. Never having bagged one of these birds, I was keen to go after them, and my host promised to take me. We started out on the hunt, and I could already see a magnificent gobbler falling to my fire. After walking several miles my friends remarked that it was well to rest a while, and threw himself down under the shade of a mesquite bush. This did not suit me at all, for I was eager to go on, and I remonstrated with him about losing valuable time. For answer he rolled over on the grass and went to sleep at which I was fired with anger and half a notion to go back to the house. It was well along in the afternoon before he aroused from his nap, and then, with an apologetic smile, he said: 'We won't have to wait long now, for this is the place the turkeys come to roost, and all we will have to do is to hide and shoot them down.' It was just as he said, and about sundown there came a superb drove of wild turkeys. Unconscious of danger, they came almost upon us before we let drive at them, with the result that four of the largest were stretched upon the ground. After that I never criticised the methods of a Texas hunter."—Washington Post.

Intoxication for Sparrows.

In an old game book published in England in 1820 appeared the following formula for the lessening of the sparrow pest: "Take some lees of wine and hemlock juice, temper them together, and steep a quantity of wheat therein for the space of one night. Then place the same in a spot where the birds resort to feed, and when they have eaten thereof they will drop down dead drunk. Too much hemlock should not be used, or there will be a danger of poisoning the birds and rendering them unwholesome food."

FEED YOU MONEY.

Feed Your Brain, and It Will Feed You Money and Fame.

"Ever since boyhood I have been especially fond of meats, and I am convinced I ate too rapidly, and failed to masticate my food properly."

"The result was that I found myself, a few years ago, afflicted with ailments of the stomach and kidneys, which interfered seriously with my business."

"At last I took the advice of friends and began to eat Grape-Nuts instead of the heavy meats, etc., that had constituted my former diet."

"I found that I was at once benefited by the change, that I was soon relieved from the heart-burn and the indigestion that used to follow my meals, that the pains in my back from my kidney affection had ceased, showing that those organs had been healed, and that my nerves, which used to be unsteady, and my brain, which was slow and lethargic from a heavy diet of meats and greasy foods, had, not in a moment, but gradually, and none the less surely, been restored to normal efficiency. Now every nerve is steady and my brain and thinking faculties are quicker and more acute than for years past."

"After my old style breakfasts I used to suffer during the forenoon from a feeling of weakness which hindered me seriously in my work, but since I have begun to use Grape-Nuts food I can work till dinner time with all ease and comfort." Name given by Postum Co., Battle Creek, Mich.

There's a reason.

Read the little book, "The Road to Wellville," in each pkg.

TENT TREATMENT FOR TUBERCULOUS INSANE

Superintendent of Large Eastern Hospital Has Demonstrated Its Efficiency

A. E. Macdonald, L. L. B., M. D., medical superintendent of the Manhattan State Hospital, East, gives a graphic account of tent life as tried under his direction for a large number of insane consumptives. The following extracts are from his paper in the Directory of Institutions and Societies dealing with "Tuberculosis in the United States and Canada":

That consumptive insane patients may be kept, and treated, to their advantage and incidentally to the advantage of their fellow-inmates, in canvas tents, and throughout the several seasons of the year, has been demonstrated in the recent history of the Manhattan State Hospital, East. The experiment upon the success of which this claim is advanced has covered a period of forty months.

In all hospitals for the insane the inmates are classified according to the form of mental disturbance. To take from all these classes any suffering from tuberculosis and put them together in one tent was a serious problem. This, however, has been very successfully done. The original plan was to use the camp only about five months during each summer.

The camp first established consisted of two large dormitory tents—twenty by forty feet—each containing twenty beds, with smaller tents of different shapes, about ten by ten feet, for the accommodation of the nurses, the care of the hospital stores, pantries and a dining tent for such patients as were able to leave their beds and tents, and go to the table for their meals. Running water was secured by means of underground pipes, and the safe disposition of waste and sewage was also provided for.

As has been said, it was expected to continue the camp only through the summer and as far into the autumn as favorable weather might render justifiable. But when in the late autumn it was found that the favorable experience continued, it was decided to attempt to carry the experiment, on a moderate scale, into, or even through, the approaching winter. The camp, as first established, had been placed upon an elevated knoll adjacent to the river, and purposely exposed to the full force of the summer breezes. For the winter experiment its site was removed to the center of the island, where trees and buildings interposed to act as a wind-break to the severe storms from the east and northeast which are to be expected in that locality. The number of patients was reduced to twenty, those in whom the disease was most active being retained and the others being returned, for the time being, and much against their will, to the buildings. One large tent sufficed for the housing at night of the reduced number of patients, and one was set apart as a sitting-room for day use, with the accessory tents before mentioned, and large stoves were placed in them, here and there, with wire screens surrounding them to protect the patients, and a liberal use of asbestos and other fire-proof material and arrangements for the prevention of fire.

To make a long story short, it has remained in continuous use, not only throughout the first winter, but through the two succeeding winters and intervening seasons, up to the date of the present writing. The scope of its employment has been gradually enlarged until all patients in whom there are active manifestations of tuberculosis—an average of forty-three out of a total census of about 2,000—are isolated therein, and there has been parallel enlargement of the elements of the plant.

The isolation of the tuberculous patients has reduced to a minimum the danger of infection of other patients and of employees. The patients themselves have suffered no injury or hardship, but have, on the contrary, been unmistakably benefited. This is shown, among other ways, by a decrease in the death rate from pulmonary tuberculosis, both absolute and relative, and by a marked general increase in bodily weight, amounting in the case of one patient to an actual doubling of the weight—from eighty-three to one hundred and sixty-six pounds—in fourteen months of camp residence.

Mental improvement has as a general rule been the concomitant of physical, not only among the patients in the tuberculosis camp, but also in the others, and in the former class this has been somewhat of an anomaly. My experience, and I think that of others, has been that when phthisis and insanity co-exist they are apt to alternate as to the prominence of their several manifestations—the mental symptoms being more pronounced whilst the physical are in abeyance, and vice versa. Under the tent treatment we have found a general disposition toward record in the manifesta-

tions, improvement in both respects proceeding concurrently, and some of the discharges from the hospital which gave most satisfaction to us at the time, and most assurance for the patient's future, were of inmates of the tuberculosis camp.

It was apprehended that not only might the patients themselves resent their transfer, but that similar objection might come from their relatives and friends, since innovations, even progressive ones, are apt to be frowned upon by those who constitute the majority in the clientele of a public hospital in a cosmopolitan city. Even at the outset, however, the protests, whether from patients or their friends, were surprisingly few, and latterly they have been more apt to arise, if at all, over the patient's return to the buildings when that became necessary.

The question of medication may in the present writing be dismissed with a very brief reference. It has been found unnecessary to extend it greatly, and it has been limited mainly to the treatment of symptoms. Stimulation—alcoholic and the like—has been found of but little demand or use, and the quantities consumed—always under individual medical prescription—have been insignificant. On the other hand, the dietary has been made as liberal as the imposed restrictions of the State Hospital schedule have permitted, both in the way of regular diet and extras, and in the leading essentials—milk and eggs—private donations have supplemented the regular supply. But dependence, after all, has been mainly placed upon the rigid isolation and disinfection, and upon the unlimited supply of fresh air. As an interesting incidental fact it may be mentioned that not only the patients, but also the nurses living in the camp have enjoyed almost complete immunity from other pulmonary diseases. Not a single case of pneumonia has developed in the camp in its existence of over three years, though it causes 131 deaths in the hospital proper in that time. The "common colds" so frequent among their fellows living upon the wards, or in the Attendants' Home, have been unknown among the tent-dwellers.

The popular idea that the consumptive is a doomed man unless he can at once abandon home and family and business and betake himself to some remote region would seem to be negated by our Ward's Island experience. The Ward's Island camp is but a few feet above the tide-water level, its site is swept in winter by winds of high velocity, coming over the ice-bound waters of the rivers and the sound which surround it, and it suffers as much as, or more than, any other part of the city of New York from the trying changes of temperature and humidity which are so characteristic of its climate. If, in spite of all these drawbacks, what has been done can be done, and that for insane patients, what may not be hoped from the extension of the same methods to the ordinary consumptive of sound mind, anxious for recovery and capable of giving intelligent assistance in the struggle?

SOME HEALTHFUL RECIPES.

Soup
Cream Barley
Entrée
Savory Lentils
Vegetables
Mashed Potatoes
Lettuce with Nut Butter Dressing
Roasted Sweet Potatoes
Salad Sandwiches
Breads
Bananas in Syrup
String Beans
Corn Puffs
Dessert

Cream Barley Soup.—Wash a cup of pearl barley, drain, and simmer slowly in two quarts of water for four or five hours, adding boiling water from time to time as needed. When the barley is tender, strain off the liquor, of which there should be about three pints; add to it a portion of the cooked barley grains, salt, and a cup of whipped cream, and serve. If preferred, the beaten yolk of an egg may be used instead of cream.

Cream Tomato Sauce.—Rub stewed or canned tomatoes through a colander to remove all seeds and fragments. Heat to boiling and thicken with a little flour. Add a half cup of very thin cream and one teaspoonful of salt to each pint of the liquid.

Lettuce with Nut Butter Dressing.—Prepare the lettuce as for salad. Rub two slightly rounded tablespoonfuls of nut butter smooth with two-thirds of a cup of water. Let this cream boil up for a moment. Remove from the stove, add one-half teaspoonful of salt and two tablespoonfuls of lemon juice. Cool, and it is ready for use. If too thick, it may be thinned with a little lemon juice or water. More lemon juice may be added if desired. Pour over the lettuce, and serve.

COMPLETELY RESTORED.

Mrs. P. Brunzel, wife of P. Brunzel, stock dealer, residence 3111 Grand Ave., Everett, Wash., says: "For fifteen years I suffered with terrible pain in my back. I did not know what it was to enjoy a night's rest and arose in the morning feeling tired and unrefreshed. My suffering sometimes was simply indescribable. When I finished the first box of Doan's Kidney Pills I felt like a different woman. I continued until I had taken five boxes."



Doan's Kidney Pills act very effectively, very promptly, relieve the aching pains and all other annoying difficulties."

Foster-Milburn Co., Buffalo, N. Y.
For sale by all druggists. Price 50 cents per box.

Juliet Ahead of Modern Girl.

The mode of procedure in courtship has indeed altered since Shakespeare's days. He made Juliet first confess her love. She asks, "Does thou love me?" and bids Romeo, if his purpose be marriage, to send her word next day. This is stages in advance of the modern girl.

To Launder Delicate Muslins.

Many muslin dresses may be successfully laundered at home, which, if put in the ordinary wash, would be hopelessly ruined. Wash quickly through warm Ivory Soap suds; rinse, dip in rice water, and dry in-doors, as the air will frequently fade delicate colors. Iron with a moderately hot iron.—Eleanor R. Parker.

Secreted His Coin.

An English laborer arrested on a charge of theft, which proved to be false, was found, on being searched at the police station, to have gold, silver and bronze coins in various parts of his attire to the amount of \$570. The weight of them was forty pounds.

MILK CRUST ON BABY.

Lost All His Hair—Scratched Till Blood Ran—Grateful Mother Tells of His Cure by Cuticura for 75c.

"When our baby boy was three months old he had the milk crust very badly on his head, so that all the hair came out, and it itched so bad he would scratch until the blood ran. I got a cake of Cuticura Soap and a box of Cuticura Ointment. I applied the Cuticura and put a thin cap on his head, and before I had used half of the box it was entirely cured, his hair commenced to grow out nicely again, and he has had no return of the trouble. (Signed) Mrs. H. P. Holmes, Ashland, Or."

Sheep Has No Wool.

The sheep that has no wool comes from Barbados. How it got there nobody knows, but it is supposed to have come from Africa originally.

USE THE FAMOUS

Red Cross Ball Blue. Large 50c. package 5 cents. The Russ Company, South Bend, Ind.

Sneezing Competition.

A sneezing competition between half a dozen old women took place recently in a certain Lancashire (Eng.) town. The competitors were at liberty to use any means of bringing about a sneeze, a tin of the best snuff being actually provided for the purpose. Everybody present at the unique contest went into convulsions at the sneezing feats of the contestants, one of the old dames keeping up the performance until she fell down exhausted. She was awarded the prize, consisting of a sovereign and a silk handkerchief.

TEA

The least of our advantages is: we are nearest the bush it grows on.

Write for our Knowledge Book, A. Schilling & Company, San Francisco.

Cantilever Bridge in Tibet.

In a recent lecture in London it was remarked as curious that though the Tibetans had not realized the principle of the wheel or arch, they thoroughly understood that of the cantilever and used it in their bridges.

Do It Now.

If you are about to make a trip anywhere, let me know. Pleased to give you full information as to low rates—plenty of 'em this summer—train service, etc. "The Santa Fe" trade mark is the sign of safety, speed and ease.

C. F. WARREN,
Genl. Agt., A. T. & S. F. Ry., Salt Lake City, Utah.

Food That Flavors Eggs.

The North Carolina experiment station, by feeding a quantity of chopped wild onions to hens, obtained eggs so pronounced in flavor that they could not be eaten, and this continued while the wild onion was fed.